



AUGUST 2016 NEWSLETTER

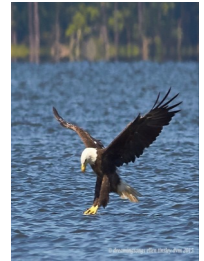


EDDIE THE EAGLE
Thursday, August
4, 2016
Start Time: 1:00
PM

Jordan Lake-Eco Tour

Captain Don Watkins will take us on a 2-hour tour around Jordan Lake, and we may even see an eagle or two.

Friday August 26
 12pm depart
 Resident: \$35
 Non-Resident: \$45



TIME TO UPDATE

Anyone that has been a member of the Center for over a year needs to fill out a new registration form. Return them to the front desk

Thank you



Simply Music
Let's Make Music
 Bring your musical
 Instrument, your singing voice
 or just come and listen and tap
 your toes.
 Thursdays 10-11am in August
 FREE ALL WELCOME



Stability Ball
 Stretching, Flexibility, Core
 Strength, Balance, Cardio, Fun
Bring a mat to class
 Thursdays 10:45AM-11:30AM
 Begins July 28
 Included in Fitness Pass

Garner Senior Half-Year Fitness Passes Available

(July-December 2016)

Resident: \$10

Non-Resident: \$18

Special Classes/Activities

Trivia - Team up with some of your friends or let us pick a team for you. Bring your energy and your brains to challenge other teams.

FREE	Mon	Aug 8	1:00pm-2:00pm
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Color Me Calm - Coloring reduces stress and anxiety. Trains your brain to focus. Lets you be you. Helps your fine motor skills and vision. This is your time, so color however you want. Some books and markers available, but bring your own markers, gel pens, colored pencils ... if able.

FREE	Tue	9:30am-11:00am
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Board Games - Come out and play some of the most popular table games.

FREE	Wed	9:00am-10:30am
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Circuit Training - Regardless of how fit you are, regular exercise provides plenty of benefits for seniors, including improved memory, greater physical capacity and better overall quality of life. Circuit training involves moving through a course of several resistance exercises, performing eight to 20 repetitions of each and relocating to the next with minimal rest between sets. The circuit repeats for the duration of the workout.

Included in Fitness Pass	Wed	1:00pm
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Technology Workshop for Seniors - Volunteers will teach basic set up of devices, such as computers, smart phones, tablets and more. They will show you how to use the internet, Facebook, Twitter and other social media apps. The Youth Entrepreneurial Technology Institute (YETI) sponsors this program. One-on-one help is offered free of charge. Please sign up for an appointment at the front desk.

FREE	Wed	4:00pm-5:30pm
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Stability Ball - Improve muscle tone, balance, posture and coordination. Bring a mat to class.

Included in Fitness Pass	Thu	10:45am
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Wii Bowling - Enjoy friendly competition and get some exercise.

FREE	Fri	12:00pm-2:00pm
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Acrylic Painting Art Studio - Learn painting for the first time or brush up on your skills as an accomplished artist. Studio instruction is available on a week-to-week basis. You may start at any time. Supply lists are available at the front desk.

Resident: \$10 + Supplies Non-Resident: \$13 + Supplies Fri 10:00am-1:00pm

ADULT / EVENING ACTIVITIES (Pre-Registration Required)

Dance Fusion Party	Sat	Aug 6	9:00am-10:00am
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Line Dance N2 Shape Party	Fri	Aug 19	7:00pm-8:30pm
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Zumba Party	Wed	Aug 10	6:50pm
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Blood Pressure Screening	Wednesday, August 3 and August 17	10:00am
Working Through Your Grief (by Appointment only)	Monday, August 8	10:00am
Diabetes Support Group	Tuesday, August 9	10:00am
AARP Driver's Safety	Wednesday, August 10	10:00am-1:00pm
SHIP Counseling	Wednesday, August 10 and August 24	1:00-4:00pm
Coping with Depression	Monday, August 15	10:10am
Food Stamps for Older Adults	Wednesday, August 17	10:10am
Heart Connection Group	Monday, August 22	10:00am
Pharmacist on Call Just for You	Friday, August 26	10:00-11:30am

CONTACT INFORMATION

Garner Senior Center

205 East Garner Road; Garner, NC 27529

Telephone: (919) 779-0122

Hours of operation are Monday - Thursday, 8:00am - 8:00pm

Friday 8:00am - 5:00pm, and weekends as scheduled.

Meals on Wheels of Wake Co.

Telephone: (919) 772-5057

Sarahgale Holbrook, Director

Operating Hours: Monday - Friday, 10:00am - 2:00pm

Resources for Seniors, Inc.

Telephone: (919) 661-6894

Rebecca J. Brown, Service Coordinator Office Hours: 9:30am - 1:30pm